



Today's Women, Today's Leaders

Professional Training Conference

Monday, May 8 through Wednesday, May 10, 2006

Three Rivers Convention Center, Kennewick

Some of the 36 workshops offered include:

Change: Ain't it Gr8?

Since experts and pundits assert that adaptability is important, this session will help you assess your own ability to adapt. Take a stroll down memory lane; acknowledge changes that you've already weathered. Then, get advice about how to meet change with humor and how to meet and make changes with intention.

Balancing Home, Work and Family for Success

This is a tool-oriented presentation. Participants will learn how to recognize negative stress and burnout. Tools which will assist in turning their life around will be discussed and relaxation exercises will be shared.

FISH: A Remarkable Way to Boost Morale and Improve Results

Imagine a workplace where everyone chooses to bring energy, passion, and a positive attitude to the job everyday. This interactive workshop allows staff to connect to the engaging metaphor of FISH and the appealing message that applies to any organization.

Joy is a Choice!

Pushing past your fears and creating your dreams. The hands-on interactive exercise in this workshop will put you back on track toward achieving your goals.

Also featuring a FREE women's health & wellness fair:

Small Steps to Optimum Health – It's Your Choice!

- **Health Screenings & Health and Wellness Vendors on Tuesday, May 9 •**
- **Pre-breakfast Health Walk and Instructional Yoga Session •**

All State employees are invited even if not attending the conference!

Please visit <http://icsew.wa.gov/conferences/default.htm> for more information!

Registration Fee: \$290 (includes all meals while at the conference)

A list of hotels offering per diem rate for conference attendees can be found on the ICSEW website.

**It's not
too late to
register!**